30/28 –

– 2.1 (24)

His Holiness
Sri Swami Sivananda

ONE OF OUR GREATEST SAGES OF TODAY TELLS US:—

THE LIGHT IS WITHIN YOU

Be righteous always. Never deviate from the path of righteousness. Stand upright. Be bold. Be fearless. Practise Truth. Proclaim it everywhere.

March forward in the spiritual path. The light is within you. Fix the mind on the Lord. Kill egoism and pride. Cultivate fellow-feeling and universal brotherhood. Love all. You will have full life.

Control the senses. Pray fervently with intense faith and sincerity. Have an unshakable conviction in the existence of God and in the efficacy of spiritual practices. Be humble and simple. You will attain Immortality.

BE UP AND DOING

Sit not idly craving God to help thee, but be up and doing as God helps those who help themselves. Do the best you can and leave the rest to God.

HAVE A BROAD VISION

Live a life of utter devotion to service. Fill your heart with fervour and enthusiasm for service. Remember the Almighty Lord every moment.

Mould your character. Behave properly. Develop sympathy, affection, benevolence, tolerance and humility. Come out of the centre of your small narrow egoistic circle and have a broad vision. Speak gently and sweetly in a courteous manner. Eradicate undesirable thoughts and desires.

BE CHEERFUL ALWAYS

Be cheerful and happy. Away with depression and gloom. There is nothing more infectious than depression. Drive the feeling of depression and gloom at once by enquiry, singing divine songs, prayers, pranayama, a brisk walk in the open air, the thinking of the opposite quality *viz*, the feeling of joy.

CULTIVATE ADAPTABILITY

Never grumble when you do service to others. Take delight in service. Watch for opportunities to serve. Work is worship of the Lord.

Have an amiable, loving, social nature. Have sympathy, adaptability. Self-restraint, tolerance, love and mercy. Adjust yourself to the ways and habits of others. Be balanced even when you are insulted, when others use harsh words against you. Have equal mind in pleasure and pain, heat and cold.

ERADICATE SELF-JUSTIFICATION

Do not be offended by trifling matters. Cultivate an amiable loving nature and adaptability. Admit your faults if they are pointed out by others. Eradicate them and thank the man who points out your defects. Then only can you grow in spirituality and meditation.

LIFE IS VERY PRECIOUS

Neither birth nor learning makes one good. Good character alone makes one good. He who has lot his character is himself lost. The cultivation of good character leads to spiritual progress.

Published by the Mercara Branch of the Divine Life Society, on the occasion of

GURU PURNIMA DAY 17 July 1962

for distribution to our youth who are the citizens and leaders of tomorrow to help them build a national character which alas we are lacking in, now.

N. S. POONACHA
Secretary

K. M. CARIAPPA
General (Retired)
President

MERCARA COORG Mysore State

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